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ABSTRACT

This guide is designed to assist people with learning disabilities to recognize their disabilities and the connection between learning disabilities and substance abuse. It begins by defining learning disabilities and providing a self-test checklist for common signs and symptoms of learning disabilities. Difficulties with organization, memory, spoken or written language, attention and concentration, sensory and motor response, and social behavior are assessed. Self-assessments of childhood experiences and adult experiences follow, along with a description of types of learning disabilities. The guide then delves into how learning disabilities can affect a person's life, including dependency on alcohol or other drugs. A self-assessment for substance dependence is provided and strategies for getting help and coping with the disability in one's personal life and at the workplace are identified. The last part of the guide provides a strengths inventory and discusses how to prevent substance abuse relapse, including coping techniques. The guide includes organizational and media resources. (CR)

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